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EMMY AWARDS

Unbearable political climate in U.S. takes centre stage

metroLIFE

Your essential daily news | MONDAY, SEPTEMBER 19, 2016 High 16°C/Low 10°C Scattered thunderstorms

A piece of art created by Jordan Gallie, a Tsleil-Waututh artist, to be displayed at city hall will be unveiled Monday.
JEN ST. DENIS/METRO

The *art* of influence

Display in council chambers to remind decision-makers of indigenous presence in Vancouver metroNEWS

Food bank's need reaches 'critical level'

HUNGER AWARENESS WEEK

Vancouver organization now at all-time low for supplies

Sam Smith
For Metro | Vancouver

Going into Hunger Awareness Week, the Greater Vancouver Food Bank (GVFB) needs attention now more than ever.

The GVFB is set to spend $150,000 to restock their shelves this month to keep up with demand as the organization says they've now entered into an all-time low in their supplies since the food bank's opening in 1982.

"Our shelves are now at a critical level," said Ariela Friedmann, communications director of the GVFB. "We have never, ever seen them so low."

The one good thing, Friedmann said, was their first city-wide food drive which ran on Saturday, Sept. 17. It brought in 42,000 pounds of food, however, this still didn't come close to their goal of 100,000 pounds.

"It's a wonderful participation from the community, but people are not fully realizing how much food is needed," she said.

Throughout the GVFB's reach they feed 26,500 people per week, of which 20 per cent are children and youth and 19 per cent are senior citizens.

This amounts to roughly 4.1 million pounds of food per year, ranging from canned proteins like tuna and salmon, and other supplies such as canned beans, vegetables, and fruits.

Although Friedmann is pleased to be entering into Hunger Awareness Week on Monday, Sept. 19, she says the reality is hunger lasts longer than that.

"Hunger doesn't end, it's every day," she said.

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Your essential daily news

On the world stage: Justin Trudeau's first big moment at the UN. **World**

Caring Crates spread joy across North America

MENTAL HEALTH

Woman using package service to help people with depression

David P. Ball
Metro | Vancouver

You can't buy happiness. But you can now buy a box of surprise inspiration delivered to your door, thanks to the British Columbia entrepreneur behind Caring Crate.

Delta resident Janelle Martel has studied psychology; however, for her mental health issues are also deeply personal.

"I've always struggled with anxiety ever since I was a child," she told Metro in an interview conducted over Facebook. "Mental health issues can make you feel really isolated and alone, which is why I wanted to start Caring Crate — so people know that they aren't alone and have something awesome to look forward to each month."

The idea is similar to other subscription delivery services gaining in popularity online; she's subscribed to several of them for everything from homemade dog treats to care packages for students.

However, there was little available specifically aimed at people struggling with depression, anxiety or other mental health challenges. Finally, she found one such service in the United Kingdom, and decided to try creating her own here — filled with crafts and goodies, most of them by local artisans. They might include self-care ideas, inspirational journals, healthy snacks or relaxation aids.

A recent Caring Crate delivery from Janelle Martel's subscription care package delivery service.
COURTESY JENNIFER LAKE

> **I like to think that each box is a gift that you're getting from yourself.** Janelle Martel

"I like to think that each box is a gift that you're getting from yourself," she said, describing how she selects the contents of each box. "I choose a lot of products from local makers, not something that you could pick up from any store.

"I think that just adds an extra element of feeling like you're getting something special when you open the box … I want you to feel good when you look at each product, whether that be feeling calm, energized, or supported."

Each shoebox-size crate is carefully packaged with a different theme each month, for instance one recent one was aimed at helping improve subscribers' sleep, and to reduce insomnia which can accompany some mental health challenges and can be a barrier towards improvement.

It contained a naturally scented flax and lavender eye pillow, a do-it-yourself dream-catcher kit, a rest-themed deck of cards which offered advice and remedies for insomnia, and an aromatherapy shower bomb.

Janelle Martel COURTESY

Since its founding she's got roughly 30 subscribers, as far flung as Eastern Canada, Florida and Hawaii. But it was her first recruit who continues to inspire her, and remind her of the impact of her project.

"I received a direct message from this one woman who confided in me that she had attempted suicide that weekend after a really intense period of depression," Martel said. "She had just gotten cleared from the hospital, and the mere idea of Caring Crate brought her to tears because she was so thankful there was something like this out there for people like her.

"This was just when Caring Crate was a little seed of an idea, and that message truly lit a fire under me — I had to go through with this."

One month subscription costs $53 and includes the cost of shipping four or five items worth more individually than the total cost, thanks to Martel having built relationships with her suppliers. Subscribing for three or six months gets a larger discount.

For more information, visit www.caring-crate.com.

CHILDREN AND YOUTH

Investing in kids leaving B.C. care pays for itself: Report

You have to spend money to make money, and that adage may apply to foster care as much as it does to business, according to a new study.

For the nearly one thousand 19-year-olds who "age out" of B.C. foster care system every year, an economic report released Monday has found that spending just $57 million in supporting those youth until age 24 would more than pay for itself — and potentially even save taxpayers nearly five times that amount.

Several deaths of B.C. youth soon after they aged out of government care, as well as disproportionate rates of homelessness and addiction, have drawn sharp criticism of the province's children's ministry in recent years.

"We're not saying that by investing $57 million we're guaranteed to wipe out the $268-million costs," study co-author Lynell Anderson told Metro in a phone interview. "We don't want to raise expectations or suggest more than is possible — some of the young people coming out of government care may have very significant disabilities … But we are saying that for a relatively small investment, we could significantly improve outcomes and more than cover the current costs."

Anderson, a family policy researcher and accountant, wrote the study with lead researcher Marvin Shaffer, a Simon Fraser University economist.

The Vancouver Foundation-funded study concluded that frequently "adverse outcomes" for those teens currently cost taxpayers between $222 and $268 million a year.

By contrast, improving and extending support for such British Columbians for five years would cost $1,375 a month for each young person. Over five years, that totals $200,000 per youth.

The findings echo years of calls by B.C.'s Representative of Children and Youth, Mary Ellen Turpel-Lafond, to extend foster care to 25 for youth taking post-secondary studies.

Stephanie Cadieux, Minister of Children and Family Development, announced a review of aging-out policies last year, but maintained that youth remain in provincial care only to 19, and that supports already exist for some post-secondary students.

DAVID P. BALL/METRO

LABOUR

City close to being living wage employer

Sam Smith
For Metro | Vancouver

Vancouver staff will submit a report to council this week on how the city will become a certified Livable Wage Employer and it will cost approximately $590,000 per year to do.

Although all City of Vancouver employees are paid at or above the current Living Wage, which is $20.64 per hour, including direct salary and certain benefits, four city contracts related to security, janitorial and graffiti removal services fall below the Living Wage rate.

"Based on current rates for services and the 2016 Living Wage rate, the financial impact to the city to bring these contracts up to the 2016 Living Wage rate is estimated at $590,000 annually," the report states.

Coun. Geoff Meggs told Metro he hopes the recommendations from staff will go through council unanimously.

"Initially it's not a large impact on cost," Meggs said. "But it's an important signal to send to the wider community… You have to pay a decent wage in order for people to live and work in the city."

In addition to the City of Vancouver, the report by staff also looked over the Vancouver Police Department and the Vancouver Public Library, and found it would cost $453,000 per year to bring them up to a Living Wage standard as well.

Should the recommendations be approved by council at their sit on Sept. 21, a second update would be provided to them by July 2017.

$590K

In order for the city to become a certified Livable Wage Employer, **it will cost approximately $590,000.**

Indigenous art to hang in council chambers

CITY HALL

Works to act as reminder of native presence in Vancouver

Jen St. Denis
Metro | Vancouver

Art pieces made by three First Nations artists to permanently hang in council chambers at Vancouver City Hall aren't just pretty pictures: they're symbols of an evolving relationship between municipal government and the Musqueam, Squamish and Tsleil-Waututh Nations.

"I just wanted to have the best representation of our people for the city to see and the city to make big decision," said Jordan Gallie, a Tsleil-Waututh artist who made a sandblasted glass panel that depicts a wolf wrapped in a cedar rope with its foot on City Hall.

"Because they do make such important decisions in council chambers, I wanted them to be able to look and reflect."

The carefully thought-through pieces, which will be unveiled Monday night, represent each of the three First Nations whose traditional territories include land Vancouver now occupies.

It's part of the city's ongoing efforts to build a stronger relationship with the Musqueam, Squamish and Tsleil-Waututh, while acknowledging the pain of the past when all three levels of government made decisions that caused pain and long-lasting hardship to Canada's indigenous peoples.

Jordan Gallie, a Tsleil-Waututh artist, shows off an example of his glasswork at his home. A piece of art he created to be displayed at city hall will be unveiled Monday. JEN ST. DENIS/METRO

"The idea of putting it right where ... the decisions are made — in which decisions were made that caused people to be alienated from the land — that is the biggest visibility that we could make," said Coun. Andrea Reimer.

Artist Jody Broomfield described how his piece includes a thunderbird, representing the Squamish Nation, as well as a man and woman rowing a canoe together.

"That pays homage to building a relationship between the City of Vancouver and the three First Nations," he said. "As we all know, it takes more than one person to pull a canoe, so that canoe represents working in sync as one."

Representatives of each First Nation worked with the artists, and sometimes made design suggestions, said Chrystal Sparrow, an artist from the Musqueam First Nation.

"I had originally designed an eagle, which I thought would represent strength, and they had decided the best would be salmon because we're fishermen and we have salmon as one of our other logos," she explained. Flowing water is another prevalent component of her carved and painted red cedar panel, which Sparrow said represents the link between the past and the present.

The unveiling of the three pieces Monday evening is a hot ticket: not only chiefs and band councillors from the three First Nations wanted to be present, but many of the elders and families with children wished to participate as well, Reimer said.

"I think what is quite unique about this piece is that it is part of the reconciliation and the relationship that's building now stronger than before between the Musqueam and the City of Vancouver, as well as the Squamish and the Tsleil-Waututh," Sparrow said.

> The idea of putting it right where ... the decisions are made — in which decisions were made that caused people to be alienated from the land — that is the biggest visibility that we could make. Coun. Andrea Reimer

ABBOTSFORD

Teen girl nearly nabbed

Sam Smith
For Metro | Vancouver

A 16-year-old girl was nearly dragged into a van by a man near a bus stop in Abbotsford on Saturday, but a passerby intervened, causing the culprit to flee.

According to the Abbotsford Police Department, a Caucasian male drove past the girl several times at the bus stop on Old Yale Road near Mitchell Street in a van and eventually parked and approached her on foot.

"He attempted to try to entice her with offers of liquor and a ride to work," the APD said in a press release. "When the girl refused, the suspect grabbed her by the arm and attempted to pull her in the direction of his parked vehicle."

At this time a male passerby started yelling, which caused the culprit to flee. The passerby then sat with the victim until her bus arrived.

Her family later reported the incident to police.

The suspect is described as a young, Caucasian male in his 20s with medium-length brown hair and a mustache. He stands five-foot-five with a medium build and has a teardrop tattoo under his eye.

The suspect was wearing a black baseball cap, black shirt, black baggy pants and work boots at the time of the incident, according to police.

The culprit's vehicle is described as an early-2000s van similar to a Ford Windstar or Dodge Caravan with a dark red or burgundy paint job.

Investigators are also seeking the Good Samaritan who intervened, both to thank him and to interview him as a witness.

CANNABIS

Marijuana industry goes on display at Vancouver expo

A two-day marijuana exhibition in Vancouver is giving people an idea of just how large and varied Canada's cannabis industry has become — and where it could grow next.

More than 100 businesses set up booths to showcase their wares at the event, but not a single cloud of smoke could be seen in the massive hall.

The expo is helping to break down stereotypes and prove that there's a credible side to the industry, said Natasha Raey, spokeswoman for Lift Cannabis Co., which put on the show.

"It's not just someone selling bud out of a Ziploc bag anymore. You're seeing real brand development. The industry is growing up," she said.

A variety of wares were available throughout the hall. Among the booths selling seeds and growing equipment were some potentially unexpected exhibitors, including a firm that provides financing for marijuana-related businesses.

There has been extreme growth in the marijuana business over the past few years, said Matt Christopherson, who works for Keirton, a company in Surrey that makes automatic marijuana trimmers used in large-scale marijuana production facilities.

"It's no longer Mom and Pop. There's a lot of money coming into this industry that legitimizes everything," he said.

> It's not just someone selling bud out of a Ziploc bag anymore. Natasha Raey

As the industry grows, the stigma traditionally associated with marijuana begins to fall away, Christopherson added.

"There's a lot of people who are capitalists and they see this as an emerging market, one of the fastest growing sectors in the world."

Working within the industry has become easier in recent years because more data has become available, said Scott Wilkins, an independent insurance agent who has spent the last eight years providing policies for people who grow marijuana.

Wilkins said his work began when a man with a Health Canada license approached him looking to get insurance so he could rent a commercial building, which was incredibly difficult at the time.

Now Wilkins said he has more than 800 clients, including big companies licensed by the federal government. And he expects his business to continue growing as the federal government moves toward legalizing marijuana for recreational use.

Health Minister Jane Philpott announced in April that legislation for legalization would be introduced next spring, and in June, the federal government launched a task force to study how regulation could work.

The new laws will likely grow the industry across the country, but Wilkins said he hopes the task force takes a thoughtful approach.

"Hopefully the task force listens and puts together something that serves not just the big guys, not just the small guys, but everybody," he said.

THE CANADIAN PRESS

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Closer look at concussions

HEALTH

Richmond Youth Soccer players to take part in study

Sam Smith
For Metro | Vancouver

When it comes to helping their kids, Richmond Youth Soccer is heading in the right direction.

Richmond FC has partnered with Dr. Naznin Virji-Babul of the Djavad Mowafaghian Centre for Brain Health at UBC to help researchers gain a better understanding of concussions, how the healing process works post-concussion, and then use that information to give physicians better tools to correctly diagnose, and therefore help heal, those suffering from them.

Utilizing new technology from EEGlewave Inc., researchers will be conducting electroencephalography (EEG) scans — a non-invasive method of measuring brain voltage activity across the scalp — to gather data from the Richmond FC athletes.

Richmond FC has partnered with the Djavad Mowafaghian Centre for Brain Health at UBC to help researchers gain a better understanding of concussions. SHAUN BOTTERILL/GETTY IMAGES

The study starts with a "baseline" brain scan that will be compared with followup scans recorded over several years on a semi-frequent basis and after any suspected concussion, which will provide insight into how the brain reacts over time to concussion-related injuries.

"Concussions are on the forefront of everybody's mind," said Rein Weber, Richmond FC chairman. "We can't prevent injuries, so we want to be there during the recovery process. This study fit right in as we were already trying to figure out what the right direction is for concussion protocols.

3.8M

In North America an estimated 3.8 million concussions happen every year.

"The goal behind the research department is to see what happens to the brain during a concussion and see how the brain heals itself," Weber added. "It's really important. The whole concussion theory has changed so drastically over the last year that things they thought were right a year ago, well, that's not right now."

In North America, an estimated 3.8 million concussions happen every year. While the majority of them work out fine within a couple weeks, more severe concussions can last anywhere from several months to even years, causing a major impact on a person's life. Symptoms can include depression, headaches, nausea, insomnia and emotional irritability.

"Recent studies have shown that traditional neuropsychological tests used to assess concussions are subjective at best and inaccurate at worst," Richmond FC stated in a press release.

As part of their arrangement, any player more than 10 years old is eligible to take part in the research and recovery care in perpetuity.

The first round of scans took place on Sept. 17 and 18. Aside from any post-concussion scans, athletes will also be tested once every three months, six months, and then a year, Weber said.

ARREST

Man found with rifle in an airport bathroom

Police in Abbotsford say a man has been arrested after being found in an airport washroom with a loaded rifle.

Const. Ian MacDonald with the Abbotsford Police Department says the man had an interaction with staff at a car rental kiosk that caused airport staff to call police on Sunday afternoon.

He says the man had a rifle bag over his shoulder during the interaction.

Police responded and found a 28-year-old man with a loaded SKS rifle and ammunition in an airport washroom.

MacDonald says the man was taken into custody without incident and police are planning to recommend weapons-related charges.

He says the airport was never fully closed during the incident, but police did lock the building's front doors during the arrest.

The rifle is a semi-automatic weapon that was used by the former Soviet Union and its allies. THE CANADIAN PRESS

TRANSIT PLAN

Provincial funding ready: Premier

Premier Christy Clark says $246 million is ready for Metro Vancouver mayors to use in implementing the first phase of their transit plan.

The Mayors Council met Friday to approve a draft investment plan for phase one of their 10-year regional transit and transportation plan.

The plan, which is designed to increase bus service, buy new SkyTrain cars and a new Seabus, requires a commitment of funding from the cities, the province and the federal government in order to advance. Clark says the province's share of the costs will be available immediately.

Despite rejections from the public in the past to a sales tax to pay for transit, the mayors voted in favour of property tax increases of $3 per year to pay for the cities' share of the transit improvements.

The plan now goes to the public for feedback before a final decision is made in November. THE CANADIAN PRESS

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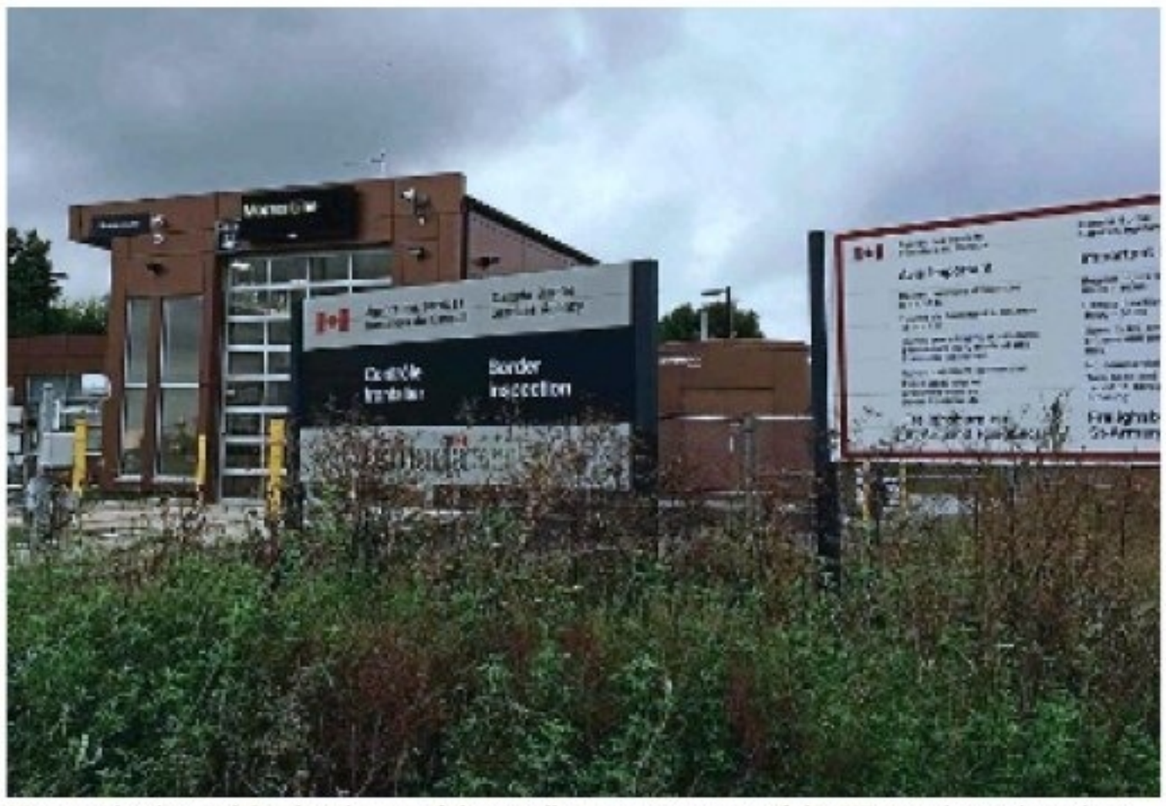
Project could shake up border crossings

MOVEMENT

Morses Line in Quebec guarded by agents in Hamilton, Ont.



Morses Line in rural Quebec is one of the smallest, most remote of the 117 crossing points along the 5,000-kilometre Canada-U.S. land border. TORSTAR NEWS SERVICE

Morses Line is one of those places where the Canada-U.S. border is truly just an artificial stop on a country road.

In the late 1800s, it was a literal line established by a distant government that was crossed by villagers from the province of Quebec and the state of Vermont going about their business.

It has developed, but remains today as one of the smallest, most remote of the 117 crossing points along the 5,000-kilometre Canada-U.S. land border — one where populations on both sides share names, blood and a French mother tongue.

But after surviving threats of closure in Washington and absorbing budget cuts ordered by Ottawa, Morses Line has become ground zero for what could be the future of border management.

Where there was once a bucolic, white building welcoming people to Canadian soil and a century house next door that the head agent called home, now there is a state-of-the-art security structure loaded with cameras and defended by a guard located 700 kilometres away in Hamilton.

The Remote Traveller Processing program has been underway since February but the Canada Border Services Agency already has plans for similar operations at 19 other points-of-entry across the country if the program is deemed a success.

It works much like a high-tech drive-thru. Those seeking to enter Canada at Morses Line enter into a closed garage and park next to a kiosk that allows them to communicate with a border agent, show their passport and even pay duties on alcohol, tobacco or other goods with the swipe of a credit card.

"Are we letting our guard down?" said CBSA spokeswoman Dominique McNeely. "The building was designed with enhanced security in mind. There are additional gates, there are many cameras and, compared to other border crossings nearby, there's much more technology here to secure the border."

That includes impact-resistant gates, a garage door that doesn't open unless the border agent is satisfied there is no risk, and plenty of powerful cameras.

"We can see small writing on documents and we can actually zoom in very close and detect any type of signs," McNeely said. "It's like your classic interview at the border but it's done remotely."

If the agent has doubts, a traveller will be directed to the nearest staffed border crossing, which is 13 kilometres away. If there is something more nefarious, nearby agents are dispatched to conduct a more thorough search.

The potential national program is being tested at Morses Line for very local reasons.

TORSTAR NEWS SERVICE

Downturn forcing people to give up pets

Surrender never comes easily.

An animal information card at the Calgary Humane Society identifies the temporary resident inside as a grey-and-white kitten named "Marilyn" who has been there since June 26.

"I am an owner surrender," reads a note in a section called "A little about me."

Many Calgarians, already dealing with layoffs, economic uncertainty and the potential loss of their homes, are now having to give up their best friends.

The Calgary Humane Society says it has noticed a jump in the number of pets being reluctantly being turned in by their owners since the economic downturn started in 2015.

There were 1,500 pets surrendered to the society between Jan. 1 and Aug. 31, 2014. That number ballooned to 1,673 in the same period last year and sits at 1,635 so far this year, but there's also been a huge jump in the number of strays being picked up.

A humane society official says it's gut-wrenching for those who have to give up a member of the family.

Sage Pullen McIntosh from the Calgary Humane Society poses with one of the adoptees at the shelter Tuesday. BILL GRAVELAND/THE CANADIAN PRESS

"It's the last thing they want to do. Typically they will go without a lot of things ... without food ... maybe they'll skip rent for a month if they have to," said Sage Pullen McIntosh, senior manager of community relations and communications.

"They really want to keep their animals but they've lost everything. They have drawn on all the savings they have, or every family member they have, and they just don't have anywhere else to go."

THE CANADIAN PRESS

OTTAWA

Rewriting our heritage

Emma Jackson
Metro | Ottawa

Let the feds decide if Chateau Laurier's expansion is a good fit for the capital, a local architect says.

Barry Padolsky, who sits on the city's built heritage subcommittee and has worked on revamps at the Museum of Nature and the National Arts Centre, said the hotel's owners should "voluntarily bind themselves" to the government's own heritage review process, even though they don't have to.

"It will attract the wisdom of the National Capital Commission, Parks Canada and the city to really scrutinize the proposal," Padolsky said. "If it does not measure up ... it will have to change."

Hotel owner Larco Investments unveiled plans last week to add a contemporary, five-storey glass and limestone extension to the national historic site, beside Major's Hill Park. Public backlash to the project was swift.

Padolsky said submitting their plans to Parks Canada's heritage review office would be a "gesture of responsibility," given the hotel is the only privately-owned property in the parliamentary precinct west of Mackenzie Avenue.

The nearby NAC and the Bank of Canada both took that step during their own renovations, he said.

The NCC and the city will also scrutinize the plans to make sure they conform to heritage and urban design standards before they're approved.

Larco could not immediately be reached for comment.

IN BRIEF

The return of Parliament
After 10 months of a long honeymoon, consultations on dozens of issues and rhetoric that suggested anything is possible, Justin Trudeau's government faces a fall full of hard choices. The rubber hits the road Monday, with the return of Parliament. THE CANADIAN PRESS

Feds ready to act on carbon pricing: McKenna
Environment Minister Catherine McKenna says the government is prepared to impose a price on carbon provinces that can't come up with their own. The comments sparked the ire of, Saskatchewan Premier Brad Wall. THE CANADIAN PRESS

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Explosion still unexplained

NEW YORK CITY

5 suspects being questioned at an FBI building in Manhattan

Agents with the FBI pulled over a car on a highway in Brooklyn on Sunday night and were questioning the vehicle's occupants in connection with the investigation into the New York City bombing that injured 29 people, authorities said.

Agents stopped "a vehicle of interest in the investigation" at 8:45 p.m. Sunday, according to FBI spokeswoman Kelly Langmesser

She wouldn't provide further details, but a government official and a law enforcement official who were briefed on the investigation said five people in the car were being questioned at an FBI building in lower Manhattan.

The officials spoke on condition of anonymity because they were not authorized to speak about the ongoing investigation.

No one has been charged with any crime and the investigation is continuing, Langmesser said.

Crime scene investigators work at the scene of an explosion in Manhattan's Chelsea neighbourhood. CRAIG RUTTLE/THE ASSOCIATED PRESS

The bomb that rocked a bustling Manhattan neighbourhood contained residue of an explosive often used for target practice that can be picked up in many sporting goods stores, a federal law enforcement official said Sunday, as authorities tried to unravel who planted the device and why.

The discovery of Tannerite in materials recovered from the Saturday night explosion may be important as authorities probe whether the blast was connected to an unexploded pressure-cooker device found by state troopers just blocks away, as well as a pipe bomb blast in a New Jersey shore town earlier in the day.

Gov. Andrew Cuomo, touring the site of the blast in Manhattan's Chelsea neighbourhood, known for its vibrant arts scene and large gay community, said there didn't appear to be any link to international terrorism. He said the second device appeared "similar in design" to the first, but did not provide details.

"We're going to be very careful and patient to get to the full truth here," Mayor Bill de Blasio said Sunday. "We have more work to do to be able to say what kind of motivation was behind this. Was it a political motivation? A personal motivation? What was it? We do not know that yet."

Cellphones were discovered at the site of both bombings, but no Tannerite residue was identified in the New Jersey bomb remnants, in which a black powder was detected, said the official. THE ASSOCIATED PRESS

ATTACKS

Explosion rocks Jersey Shore charity race

Jersey Shore beaches were reopened Sunday as the investigation continued into a pipe bomb explosion at a seaside community before thousands of runners were to participate in a charity 5K race. Officials would not say if they believe the blast was terror-related, but said it didn't appear to be connected to an explosion that rocked a Manhattan neighbourhood Saturday night. THE ASSOCIATED PRESS

Daesh claims Minnesota stabbing attacks

A man in a private security uniform stabbed nine people at a Minnesota shopping mall, reportedly asking one victim if they were Muslim before an officer shot and killed him. Daesh claimed the attack as its own. None of the nine people received life-threatening wounds, St. Cloud police Chief Blair Anderson said. FBI Special Agent-in-Charge Rick Thornton said the attack was being investigated as a possible act of terrorism. THE ASSOCIATED PRESS

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Team maps lost shipwrecks

ST. LAWRENCE RIVER

Recreational divers record lesser-known discoveries

A team of divers and archaeologists work to document the presumed wreck of the Sainte-Anne.
MATHIEU MERCIER GINGRAS/THE CANADIAN PRESS

While Sir John Franklin's doomed search for the Northwest Passage looms large in the Canadian consciousness, thousands of other shipwrecks lie in obscurity at the bottom of the country's waterways.

The Arctic Research Foundation recently announced the discovery of HMS Terror during the latest in a series of high-profile expeditions that also led to the discovery of Franklin's other ship, HMS Erebus, in 2014.

But as the country celebrates the apparent end to an enduring Arctic mystery, a team in Quebec has been quietly trying to put a name to at least some of the lesser-known shipwrecks in the St. Lawrence River.

The project, which is co-ordinated by the Universite de Montreal and the Archeo-Mamu Cote-Nord archeology association, seeks to document the shipwrecks along the northern coast of the river with the help of local recreational divers.

The project's main archeologist says the provincial government has only a fraction of the river's shipwrecks on record.

"At the level of the (Quebec) Culture Department, there are between 80 and 100 that are documented, but I think there are more than 1,000 left to find," Vincent Delmas said. "There's a lot of work still to do."

He says the St. Lawrence was once an autoroute where ships carrying goods to and from Europe succumbed to ice, storms and the many rocks and reefs lurking just below the surface.

Delmas says parts of the river's north shore were also rich in iron, which could interfere with ship's compasses, creating a "Bermuda Triangle"-like effect.

Recently, the team has been working to identify a wreck believed to be that of the Sainte-Anne, a merchant ship that went down in 1704 while carrying a load of furs destined for the French Antilles.

Although the wreck's location, near a small town now called Pointe-Lebel, has been informally known for decades, the team is analyzing wood samples taken from the ship to verify its age and origin and hopefully confirm its identity.

It also hopes to dive for the remnants of the fleet of Admiral Hovenden Walker, whose mission to attack Quebec on behalf of the British crown failed after eight of his ships sank in 1711 near what is now known as Pointe-aux-Anglais.

THE CANADIAN PRESS

POLITICS

NDP aims to woo activists

The federal NDP will turn to its network of social activists to woo progressives back to the party fold this fall, according to the party's new national director. Nearly a year after the last election, New Democrats are trying to stop the bleed of support to Justin Trudeau's Liberals.

Robert Fox, a former Oxfam executive, said there are many activists who are not connected to the party and could be.

Fox is trying to address internal party challenges, such as slumping fundraising figures.

Elections Canada figures from the second quarter of 2016 paint a bleak financial picture for the New Democrats who collected $1.08 million from 15,906 donors. The figures are a far cry from the Conservatives, who brought in $5.07 million from 37,223 donors, and the Liberals who received $4.9 million from 36,080 contributors.

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

My friend has a crush on a guy at the gym, but she won't do anything about it. Is she squandering a chance at love?

Dear Ellen,

My friend met a guy last year at GoodLife Fitness. Since that day she can't stop thinking about him. They have spoken briefly a few times, but she does not want him to know how she feels. If only he could read her eyes and mind! She believes that it is just a crush and it will eventually fade away. One year later, her feelings have not changed.

Can a crush last this long? Or is it love?

Solicitous Friend

Dear Solicitous,

I have two pieces of advice — one for you, and one for your friend, whom I'll call Reluctant Lover. I'll start with her.

Dear Reluctant,

In the grand tradition of giving advice I was too stupid to take myself for most of my life, and assuming you are truly interested in this guy, I will tell you to get off your well-toned butt and make a move!

I don't mean you should run over and start towelling him down while he's still on the bench press. That would be intrusive, for starters, and extra-annoying if he's trying to keep track of his heart rate or number of reps or whatever it is you people do in those places.

Think up something you'd say to a casual acquaintance. 'Hey, I like your T-shirt, how 'bout those Jays?' or 'I see you're wearing curling shoes.'

Furthermore, if he's not interested in you, it will be awkward for both of you every time you find yourselves in the gym together in future.

But you can arrange to cross paths with him at some point, and exchange more than a few words, being careful to do it in a manner that allows him to decline without feeling as if he's rejecting you, breaking your heart and destroying your life forever. Think up something you'd say to a casual acquaintance. ("Hey, I like your T-shirt, how 'bout those Jays?" or "I see you're wearing curling shoes, you get out on the ice much?") Maybe your friend Solicitous can help with the actual dialogue.

That's all you need to do — open the door to more contact and see if he walks through.

There are two possible outcomes. One is he will take the hint, and things will move forward. The other is that he gives you nothing. You may speculate all you like about his reasons (he's just not attracted to you, he's married, he's really into you but he's too shy to do anything). It doesn't matter. It's not gonna happen. Your pride may be hurt, but at least now you know the score and can move on. Good luck with either scenario.

Dear Solicitous,

You sound extremely invested in this situation, which means one of two things: you are either a loyal pal who can tell your friend is hiding her true feelings and suffering for it, or you are a nosy drama queen dying to stir things up. Actually, those two things are not mutually exclusive.

You may share my sensible advice with your friend, but after that: back off. What she does or doesn't do is her business. And whether it's a crush or love, sometimes people are just as well off — sometimes better off — with the fantasy, which can last much longer and be much more controllable and fun than a real-life relationship that was never meant to be.

Need advice?
Email Ellen:
scene@metronews.ca

Pennant races: When generation gaps narrow

Tim Harper

The summer my father was dying, I called him and we had what turned out to be our final chat.

He was strangely energized. He had but one thing on his mind. He had to replay, in minute detail, the epic game between his San Francisco Giants and the Oakland A's the night before.

There was a pennant race on, after all.

There had been no game, of course, between the Giants and the A's the night before and that pennant battle played only in my father's head.

That's when I realized I had lost him.

Some watch the Jays 2016 September with passing interest, some find joy, many find agony. And some of us have pennant races baked into our DNA.

Pennant races have changed over the years and my father would not recognize the two wild-card spots up for grabs as the Blue Jays enter the season's final days. But pennant races have been the glue in the Harper family for three generations.

My father was a devotee of the Giants of yore. His Septembers were filled with Willie Mays, Willie McCovey, Juan Marichal and that stalwart, Jim Davenport, who lacked the same star power as that trio, but whose uniform was always dirty, betraying the effort and workmanship my father admired in his baseball heroes.

His love was passed to me, at old Toronto Maple Leaf Sunday doubleheaders on the Lakeshore or Sunday morning pilgrimages to downtown Hamilton where we would pick up the Buffalo Courier-Express. Over breakfast, we would devour box scores, a weekend treat because the Toronto papers then published only the unsatisfying line scores.

And now my daughter sits in Cambridge, Mass., deep in the heart of evil Red Sox country, live-streaming every pitch of the Blue Jays journey.

We text back and forth during games. We celebrate home runs and lament missed cut-off throws. She wants to know why John Gibbons would pitch to a left-hander with first base open and we rejoice when we learn of the return of a backup catcher, the type of transaction that can only cause such jubilation during a pennant race.

At the stadium she launches Pitch Tracks on her phone to challenge calls from the home-plate umpire and she will be there at Fenway on the final weekend of the season, part of a group proudly and defiantly wearing their Blue Jays jerseys come hell or pennant-clinching.

The final weeks will be painful. There will be irrational ups and downs, scoreboard cursing and times when it is almost too hard to look.

More often than not, this is the month when dreams die and winter's harsh reality appears suddenly at the door.

But it's futile to try to get the pennant race out of your blood.

And after years of meaningless Septembers here, one truism remains — it is better to have played for the pennant and lost than never to have played at all.

Tim Harper is a former columnist for the Toronto Star.

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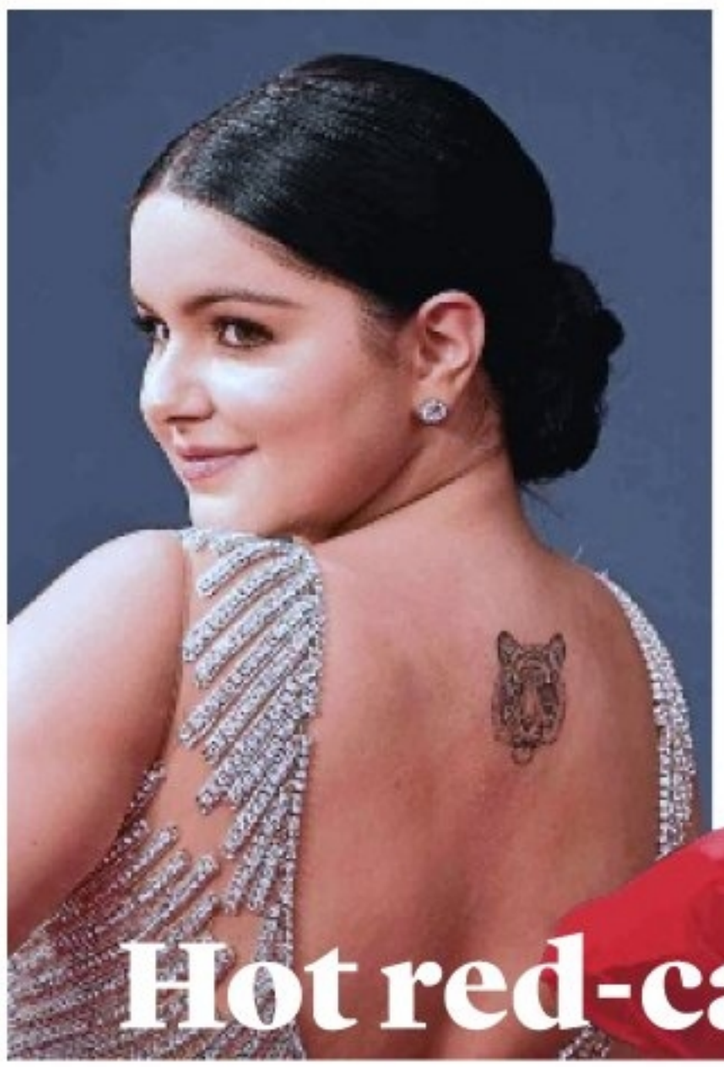

Hot red-carpet looks

1 Actress Ariel Winter of Modern Family shows off her back tattoo at the 68th Annual Primetime Emmy Awards in Los Angeles on Sunday. Fashion mags were quick to point out Kylie Jenner was seen wearing the same dress, a Yousef AlJasmi design, a few days earlier.

2 Fans can't get enough of **the super talented Stranger Things kids** — actors Gaten Matarazzo, Caleb McLaughlin and Millie Bobby Brown walked their first-ever red carpet together, and later performed Bruno Mars' Uptown Funk for the audience.

3 Priyanka Chopra, who stars in the terrorism drama Quantico, **did not get a nomination** but that did not stop her from twirling in a red Jason Wu gown before she was set to present.

4 Actress Emily Ratajkowski stunned in a Zac Posen mermaid dress, and she also held hands with the designer himself, who was her date for the night.

5 Emily Robinson, 17, is emerging as a style icon to watch, wearing a yellow Carolina Herrera dress. Her show Transparent was nominated for outstanding comedy series and was up against Black-ish, Master of None, Modern Family, Silicon Valley, Unbreakable Kimmy Schmidt and Veep. **For a full list of Emmys winners, visit metronews.ca**

Politics takes centre stage at the Emmys

Transparent creator Jill Soloway says Republican presidential nominee Donald Trump is "one of the most dangerous monsters," comparing him to Hitler.

Soloway made the comment speaking to reporters backstage at the Emmys after winning the best director prize. She said, "Any moment that I have to call Trump out for being an heir to Hitler, I will."

During its second season Transparent related the current state of transgender people to the situation facing Jews in Nazi Germany before the Holocaust.

Soloway said Sunday that Trump, like Hitler, has "otherized" people to gain political power, including, disabled people, Muslims, Mexican-Americans and women who don't "look like beauty pageant contestants."

Julia Louis-Dreyfus of Veep received a record-breaking sixth Emmy Award as best comedy series actress, using her victory to also take a dig at Trump in a ceremony loaded with election-year asides.

"I'd also like to take this opportunity to apologize for the current political climate," she said. "I think that Veep has torn down the wall between comedy and politics. Our show started out as a political satire but it now feels like a sobering documentary."

Veep show won for best comedy series.

Alan Yang and Aziz Ansari won the Emmy Award for outstanding writing for a comedy series for their show Master of None on Sunday, calling out for more diversity in Hollywood in their acceptance speech.

> **Our show started out as political satire but now feels like a sobering documentary**
> Julia Louis-Dreyfus

"We got a long way to go," said Yang. "Asian parents out there, if...just a couple of you get your kids cameras instead of violins, we'll be all good," he joked.

Game of Thrones predictably won the best television drama series Emmy. The HBO fantasy series follows characters as they vie for power in a fictional world rife with brutality, magic, and dragons.

The show also won the best drama award last year.

Regina native Tatiana Maslany won for best actress in a drama series for her role in Canadian co-production Orphan Black.

It is the first Emmy win for Maslany, who plays multiple characters in the series. All of her characters are clones with distinct personalities and lives. mom to ruthless assassin.

THE ASSOCIATED PRESS

Transparent creator Jill Soloway compared Republican presidential nominee Donald Trump to Hitler on Sunday night at the Emmys. KEVIN WINTER/GETTY IMAGES

So just who is Banksy? What if we all are...

Robert Del Naja, seen in front taking a photo, is pictured with Massive Attack bandmate Grantley 'Daddy G' Marshall. Del Naja denies he is street artist Banksy. MAYA HAUTEFEUILLE/AFP/GETTYIMAGES/FILE

GRAFFITI

Unravelling the massive mystery of a guerilla artist

Who is Banksy?

For a quarter-century, that question has haunted the art world and fans of the street artist known for making wry political comment with a spray can. His art has been collected by everyone from Christina Aguilera to Angelina Jolie to noted art galleries, and sells for hundreds of thousands of dollars.

Not unlike the Bryan Singer film The Usual Suspects and its elusive fictional character Keyser Söze, trying to identify the real Banksy has become serious sport. But trying to pinpoint the man who hung a smiley-face Mona Lisa in the Louvre or set up inflatable dolls dressed as Guantanamo prisoners in Disneyland has frustrated many.

The latest personality to be outed as potentially Banksy is trip-hop dance-band co-founder Robert Del Naja of Massive Attack.

But British journalist Craig Williams thinks Del Naja is actually the leader of a group of artists who collectively comprise Banksy.

"What if Banksy isn't the one person everyone thinks he is. What if — akin to the Shakespeare conspiracy theories, Banksy is a group of people who have been stencilling different locations both at home and abroad? Such a rich body of work done over a decade, across the globe, may allow for the suggestion," says Williams in a blog post that is getting traction on the Internet.

Williams compared the travels of Massive Attack with Banksy art sightings and says the two have to be more than coincidental.

That includes a stint in Toronto in May 2010, when the group played the Sound Academy and three Banksy murals suddenly appeared in the city.

Of course, Del Naja is a graffiti artist himself and has said he is friends with Banksy. But he has denied he is the artist, reportedly telling a crowd at a concert in Bristol recently that, "We are all Banksy."

He also told Britain's Daily Mail that "Rumours of my secret identity are greatly exaggerated. . . . It would be a good story but, sadly, not true."

Still, it would be pretty cool if a pop star of the stature of Del Naja ended up being the street artist.

This is not the first time that geographic profiling has been used to hopefully unmask the real Banksy. Scientists at Queen Mary University in London also claim to have substantiated who the real Banksy is, according to the Independent.

> **Rumours of my secret identity are greatly exaggerated . . . It would be a good story but, sadly, not true.**
> Robert Del Naja, Massive Attack

Geographic profiling is used by police to hunt down serial killers. These scientists used it to examine where artworks appear and match them to a suspect.

In this case, the suspect is Bristol native Robin Gunningham, who was already the subject of a Daily Mail investigation. The university study backs up the assertion by the newspaper that Gunningham, an unassuming suburban man, is the real artist.

The scientists used 140 suspected works in London and Bristol, and looked at how they coincided with locations frequented by Gunningham.

Another popular theory put forward by Canadian media artist Chris Healey is that Banksy isn't a man but a woman who leads a team of seven artists

What is assured is that you can rely on the fact the Internet will soon be obsessed with the next potential Banksy.

Maybe Del Naja is right: "We are all Banksy" after all.

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metro SPORTS

Canada's Denis Shapovalov, 17, won his Davis Cup debut in straight sets, topping Chile's Christian Garin 7-6 (5), 6-4 in Halifax

Young guns flatten Finns

WORLD CUP OF HOCKEY

Team North America uses its speed to win opener

Jack Eichel, Johnny Gaudreau, Jonathan Drouin and Nathan MacKinnon scored, Matt Murray made 24 saves and Team North America skated circles around Finland on the way to a 4-1 victory Sunday night at the World Cup of Hockey.

Captain Connor McDavid and the group of 23-and-under Americans and Canadians put on an unbelievable show of speed and skill in their first World Cup game, making good on the pre-tournament buzz. North America made it a torturous night for Finland, which had nine players back from the bronze-medal team in the 2014 Sochi Olympics.

Finnish goaltender Pekka Rinne was often brilliant in stopping 39 of the 43 shots he faced but couldn't do much about the domination going on in front of him. Valtteri Filppula scored Finland's only goal late in the third period after the result was decided.

The usually structured Finns couldn't keep up with North America and rarely had the puck. Rinne made several 10-bell saves to keep it from being even more of a blowout.

Much like Team Europe, a collection of players from eight European countries, North America made a great first impression after plenty of criticism about being a gimmick. North America's blazing fast play in exhibition games made it the most intriguing part of the World Cup, and that fascination is only stronger now that it showed it can thrive when it counts.

Goals came in every possible way: Eichel's greasy rebound at the side of the net, Gaudreau's jumping, spinning deflection, Drouin's toe drag, and MacKinnon's backhand-forehand move after beating everyone else to the puck. North America's apt goal song, Opposite of Adults, blared on the Air Canada Centre speakers all night.

Playing his first of what should be many games at his new home arena with the Toronto Maple Leafs, No. 1 pick Auston Matthews had an assist and showed he was ready to face NHL competition. McDavid, the 2015 No. 1 pick of the Edmonton Oilers, also had an assist and several nifty moves that confounded Finnish defenders.

Nathan MacKinnon of Team North America scores past Finland goaltender Pekka Rinne on Sunday. BRUCE BENNETT/GETTY IMAGES

SUNDAY In Toronto

4	1
N. AMERICA	FINLAND

SWEDEN 2, RUSSIA 1

Earlier Sunday, Gabriel Landeskog and Victor Hedman scored second-period goals as Sweden edged Russia 2-1. Jacob Markstrom made 27 saves for the win.

Alex Ovechkin had the lone goal for Russia and thought he had tied the game with seven seconds remaining in the third, but officials waved it off, ruling the puck went off his glove and in. THE CANADIAN PRESS

RIO2016

Canada places 13th in medals

Aurelie Rivard is young and talented and loaded with promise.

And the triple gold medallist in swimming is the perfect representation, said Chantal Petitclerc, of Canada's rebuilding team that reached its goal of a top-16 finish at the Rio Paralympics.

Rivard, a 20-year-old from Saint-Jean-sur-Richelieu, was chosen to carry Canada's flag into Maracana Stadium for Sunday's closing ceremonies of the Rio Paralympics, capping what will go down as a successful Games for both Canada and host Brazil.

Aurelie Rivard
GETTY IMAGES

"She represents what we're trying to say here," said Petitclerc, Canada's chef de mission. "This team is rebuilding. This team has a lot of young potential like Aurelie, who made it happen here."

Canada finished 13th in the total medals table, with eight gold, 10 silver and 11 bronze. The 29 medals were two less than the team won four years ago in London, but Petitclerc said the numbers reflect the fact that countries are catching Canada — once a front-runner — in Paralympic sport.

"The 29 medals means that the Games are tough," Petitclerc said. "I think Paralympic athletes take great pride in knowing that they have to work so much harder than 20 years ago to get those Paralympic medals.

"I wished for 32 (medals), but I'm really happy to see that the level of competition is so tough." THE CANADIAN PRESS

NFL

Seahawks stifled in Rams' return to L.A.

Greg Zuerlein kicked three field goals — the longest a 47-yarder in the fourth quarter — and the Los Angeles Rams defeated the Seattle Seahawks 9-3 on Sunday that marked the return of pro football to the nation's second-largest market for the first time in nearly 22 years.

Plenty of penalties slowed down the game for the announced crowd of 91,046 on a searing day at the Los Angeles Memorial Coliseum, where the Rams marked the long-awaited occasion by wearing blue-and-gold throwback uniforms for their regular-season home debut.

The Rams (1-1) are still without a touchdown after losing 28-0 at San Francisco in their season opener. THE ASSOCIATED PRESS

SUNDAY In Los Angeles

9	3
RAMS	SEAHAWKS

WORLD CUP

That's our championship game.

John Tortorella calls Team USA's Tuesday showdown with Team Canada a must-win after a 3-0 loss to Team Europe on Saturday.

PREMIER LEAGUE

Man United falls further into spiral

Jose Mourinho's Manchester United reign is quickly unravelling, with his new team condemned to a third successive loss by Watford on Sunday.

Watford's 3-1 victory exposed the brittleness of Mourinho's expensively assembled team as it tasted success over the record 20-time English champions for the first time in 30 years.

The United job was a chance for Mourinho to rehabilitate his career after being fired last year by Chelsea. But after a bright start to the campaign in August, Mourinho's United has lost to Manchester City, the Europa League opener at Feyenoord and now Watford within nine days.

Jose Mourinho
GETTY IMAGES

"If you analyze our three defeats in the last week we were always the best team in the second half," Mourinho said. "We lost again in our best moment." THE ASSOCIATED PRESS

239

China led all nations with 239 medals, followed by Britain with 147 and Ukraine with 117.

RECIPE Easy Tomato Tart

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Before the season passes, indulge in this tart that comes together easily leaving you more time for your evening reality TV binge.

Ready in 55 minutes
Prep time: 15 minutes
Cook time: 40 minutes
Serves 6

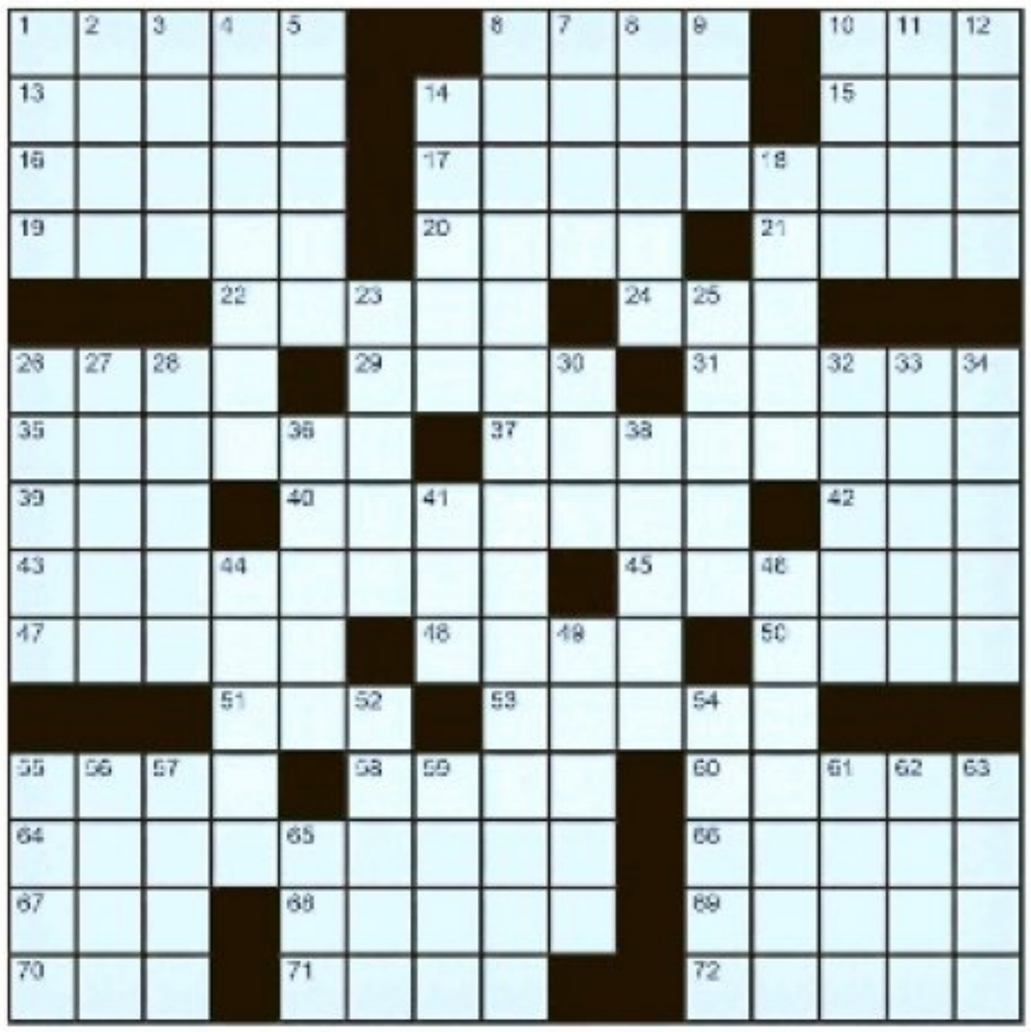
Ingredients
- 1 sheet of puff pastry
- 2 Tbsp olive oil, approximately
- 1/2 cup grated mozzarella cheese
- 1/2 cup grated Parmesan cheese• 1 pint of cherry tomatoes
- 1/4 cup chopped fresh herbs (I used parsley and basil but thyme and rosemary would be nice too)
- Salt and pepper to taste

Directions
1. Preheat oven to 400 F.
2. Remove just one sheets of puff pastry dough.
3. Tear off a an 18-inch long sheet of parchment paper. Lightly flour the paper and roll out the pastry with a rolling pin into an 8- by 12-inch rectangle. Prick all over with a fork. With a small, sharp knife, create a border all around the rectangle a 1/2 inch in; don't not cut all the way through!
4. Drizzle oil over pastry. Now scatter the cheese. Then place tomatoes on top. Sprinkle herbs on top and add a pinch of salt and pepper
5. Place in oven 20 to 25 minutes until the pastry is golden and cheese bubbling. Allow to cool slightly before cutting. Serve with a simple salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Mea _! (My bad!)
6. "_-Tough" (1977)
10. Abbr. amateur antonym
13. The Hunter constellation
14. Bridges
15. Sever
16. Haze over
17. Quarrel: 3 wds.
19. Get clean
20. Any thing
21. Deli loaves
22. Smudges
24. Model/actress Ms. Herzigova
26. Duchess of _ (Subject of Spanish painter Goya)
29. Snoot
31. Fibre for basketry
35. Arnold's employee on "Happy Days"
37. Elton John's "Rocket Man" bit: "She packed my bags last night, pre-flight / _ _, nine AM..."
39. German singer Ms. Lemper
40. Piano performance
42. Letters with Harper Valley
43. 'Sad' earring shape
45. Rock band instruments
47. Provide, as with some trait
48. Ms. Kurylenko of "Oblivion" (2013)
50. Payola$ singer Paul
51. Dresser drawer garb
53. Nervous
55. West Virginia export
58. Lieutenant Commander _, "Star Trek: The Next Generation" role
60. Choir voices
64. One showing up after everybody else
66. Dutch cheese
67. "Well, now!"
68. "He's _ _ Nowhere Man..." - The Beatles
69. Singin', Dancin' and what else?
70. Baby barker
71. Diner's detailer
72. Distinctive smell in the neighbourhood

DOWN
1. 'Georgia Peach' Ty
2. Carbamide
3. Steal
4. Grand _ (Loyal Order of Water Buffalo bigwig on "The Flintstones")
5. 2004 Gwen Stefani album: 'Love. _. Music. Baby.'
6. _ _ Wilderness Provincial Park (It's in northern British Columbia)
7. Roof's gutter locale
8. Boeotian Muse of memory
9. "It _ _." ("Who's there?" posh reply)
10. Gambit
11. Casanova
12. Chooses
14. Bake, as eggs
18. Stuff for Oscar's can
23. _ Canada (Historic province)
25. Gwyneth's "Shakespeare in Love" (1998) role
26. Razor-sharp
27. Approach nighttime
28. Food staple
30. Become
32. _-turvy
33. Played a minstrel's pear-shaped instrument
34. Clear
36. Command
38. Morocco's capital
41. Dove's murmur
44. Russia's currency
46. Character in Shakespeare's The Merchant of Venice
49. Tree's twisted knot
52. Cherish
54. Big tales
55. Horse hoof sound
56. Hawaiian island
57. Situated up high
59. "I'll second that!"
61. Dancer's dress
62. Aesir ruler
63. Dropped
65. Ms. Diaz, to pals

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Relations with partners and close friends are warm and wonderful today. This is a great day to start a new partnership.

Taurus April 21 - May 21
You get along well with co-workers today. In addition, you might get a raise or you might get praise — or you might see ways to make your workspace more attractive.

Gemini May 22 - June 21
New love is exciting! Accept invitations to party. This is a wonderful day for social occasions, playful activities with children, sports events and anything connected with the arts.

Cancer June 22 - July 23
Explore real estate opportunities that might come your way today. This is also a great day to entertain at home.

Leo July 24 - Aug. 23
You can make money from your words today, which is good news for those of you who write, edit, teach, act, sell or market. In fact, your words are like gold! Meanwhile, relations with siblings and relatives are cosy.

Virgo Aug. 24 - Sept. 23
If shopping today, you will love buying something beautiful for yourself or someone close to you. You might see ways to boost your income.

Libra Sept. 24 - Oct. 23
This is a great day to buy wardrobe goodies. (You are always aware of fashion and current colours, even if you don't dress this way.)

Scorpio Oct. 24 - Nov. 22
A secret love affair might be going on for some of you. (In fact, this is a certainty.) Others might make a wonderful hidden discovery. It's a pleasant day!

Sagittarius Nov. 23 - Dec. 21
A friend might become a lover today. In any event, your feelings of affection for your friends are strong today.

Capricorn Dec. 22 - Jan. 20
Someone might want your creative input on design, layout, furniture arrangement or such. Others will meet flirtatious opportunities.

Aquarius Jan. 21 - Feb. 19
Grab every chance to travel for pleasure today, because it might come your way. You will enjoy intelligent discussions of philosophy, religion and politics

Pisces
Feb. 20 - March 20
Gifts, goodies and favours from others will come to you. It's a good day to ask for a loan or mortgage, because you can benefit from with wealth and resources of others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9			6		5		3	
			3			1		2
					1		4	
6	8				9	4		7
4		1	8				6	3
	4		9					
7		5			6			
	3		1		7			9

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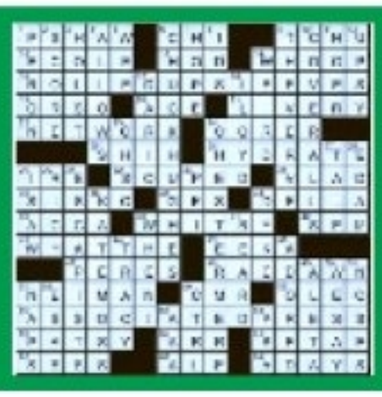

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3	7	9	6	4	8	2	1	5
1	8	4	5	2	7	3	9	6
6	2	5	9	1	3	8	4	7
5	6	8	3	9	4	7	2	1
7	3	1	8	6	2	9	5	4
9	4	2	7	5	1	6	3	8

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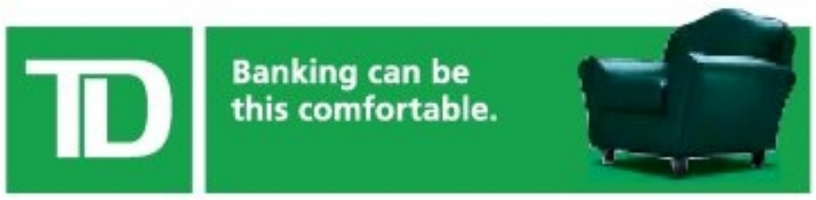

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